

# Adult Aquatics

## RED CROSS LIFEGUARDING CLASS

Classes are designed to provide the skills necessary to be an effective pool lifeguard. Training includes CPR for the Professional Rescuer, Standard First Aid and Lifeguard Training. Students must pass a basic swim test on the first day of class. Passing of class does not guarantee a position with the City of Morgan Hill. Proper bathing suit is required. For more information, please call Jolie Hunter at 408.782.2134 ext 4301.

Instructor: City of Morgan Hill certified staff

Location: Morgan Hill Aquatics Center

Activity #	Date	Day	Time	Age	Sessions
FACD001	9/19-10/10	SU	9am-5pm	15yrs+	4

Resident: \$175 / CRC Member: \$170

Non Resident: \$180 / CRC Member: \$175

## Morgan Hill Splash

**Aquatics Programs** . . . . .pg 15

Coached Adult Master Swim, Pre-Masters Stroke Development

**Swim Lessons** . . . . . pg 12-14

# Adult Fitness

## FAMILY YOGA

(Parents, 6months+)



This class promotes involvement of mothers-to-be, and parents with their toddlers. This class is designed to offer a unique opportunity for parents and children to develop a relationship and bond. The elements of yoga will be implemented and modified for both parents and children who are participating in this class.

Instructor: Amy McElroy

Location: Centennial Recreation Center, Aerobics Room

Activity#	Date	Day	Time	Age	Sessions
FCRX009	9/7-9/28	T	9:30am-10am	6months+	4
FCRX010	10/5-10/26	T	9:30am-10am	6months+	4
FCRX011	11/2-11/23	T	9:30am-10am	6months+	4
FCRX012	12/7-12/28	T	9:30am-10am	6months+	4

Resident: \$25 / CRC Member: FREE

Non Resident: \$30 / CRC Member: FREE

## BUST A GRIND BOOT CAMP

Are you ready to kick-start your fitness program? Then join us for "Bust a Grind" Boot Camp Challenge! This three-week group exercise program will give you a total body workout like you've never seen before. Each day there will be something new including use of stability balls, dumb bells, resistance bands, bosu trainers and so much more!

Instructor: Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
FCRX002	9/7-9/23	T/TH	5am-6am	18yrs+	6
FCRX003	10/5-10/21	T/TH	5am-6am	18yrs+	6
FCRX004	11/2-11/18	T/TH	5am-6am	18yrs+	6

Resident: \$105 / CRC Member: \$100

Non Resident: \$115 / CRC Member: \$110

## BEGINNERS YOGA WORKSHOP

Are you inflexible or out of shape? Have you avoided yoga because you have been afraid that it will aggravate your chronic aches and pain? This yoga workshop will help, not hurt. Beginner and continuing students will benefit from these simple alignment techniques. Dolores will address the benefits of practicing yoga for health and to overcome chronic conditions by demonstrating modifications of poses based on the Anusara Principles of Alignment.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Aerobic Room

Activity #	Date	Day	Time	Age	Sessions
FCRX001	10/16	SA	1pm-3pm	18yrs+	1

Resident: \$30 / CRC Member: \$25

Non Resident: \$35 / CRC Member: \$30

## EYE OF THE TIGER

This class is intensely fun and playfully serious and is an INTERMEDIATE practice. Students must have at least a year of experience practicing yoga. Each workshop is a 3-hour exploration of poses sequenced to deepen your experience of breath, opening your body and expanding your heart and mind. These workshops will incorporate pranayama, asana and meditation.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Aerobic Room

Activity #	Date	Day	Time	Age	Sessions
FCRX005	9/26	SU	12:30-3:30pm	18yrs+	1
FCRX006	10/17	SU	12:30-3:30pm	18yrs+	1
FCRX007	11/14	SU	12:30-3:30pm	18yrs+	1
FCRX008	12/12	SU	12:30-3:30pm	18yrs+	1

Resident: \$35 / CRC Member: \$30

Non Resident: \$40 / CRC Member: \$35